

Small boxing handbook 2

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Restoring stamina:

Can be done by just holding distance

But some fighters use the loose style guard and mostly also maintaining distance to restore their stamina

Tip:

Use the ring wisely

Some fighters are even called chess fighters as they use and see the ring as a chessboard

These boxers are called technical fighters

More types of fighting:

Especially important in the beginning of the fight

Observant fighting

Balanced fighting

A little bit observant and not rushing or not rushing too much

Rushing fighting

This is normally changed and adjusted during the fight

Some fighters might be observant at first but then change to a more balanced or rushing type of fighter

Luring:

For example luring some one to the desired place in the ring

Some fighters lure a fighter to the corner and then take over

Other types of luring can include

Holding the body open when one has a very strong abdominal area to lure body shots as a body shot is giving the opponent's head is open/vulnerable to punches or even knock out punches

Some times punches are lured to the head and evaded

This is done a lot using the loose style guard or one hand head guard style

Fainting:

Fake punches

Fakes

A fake punch is shorter and another punch can follow more quickly

But the opponent might react to it as a real punch

Another jump rope exercise:

While holding two hands together move the rope from side to side the hand motion creates a cross

There's no actual jump rope the rope

just moves from one side of the body to the other side